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## Chef Hamid Salimian

Food / Signature Dish

### Inspiration to cook local and organic

Posted by [Chef Hamid Salimian](#) • 2 years ago



The man with the fruits of his labor.

Many times people ask me, What inspires you? I can truly tell you that one of the biggest inspirations for me are the chefs that I work with every day at Diva at the Met. As a chef, you aim to surround yourself with amazing and inspirational people. People who are passionate, have a love for food and a drive to cook. The great thing is that all chefs will bring something different to ... [Read More ...](#)

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### Sapo Bravo Tomato salad

Posted by [Chef Hamid Salimian](#) • 2 years ago



Food / Signature Dish / STAFF

### The Sweet Side

Posted by [Chef Hamid Salimian](#) • 2 years ago



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If you are a tomato lover then you know to look forward to this time of the year, when tomatoes taste sweet, juicy and meaty. If you live in Vancouver and have tomato plants your tomatoes are ripening as we speak. I must admit, I am a tomato lover. I look forward to this time every year, and when tomato season starts I try to make the most of it. In the past years I ... [Read More ...](#)

Tags: *diva at the met, metropolitan hotel., Hamid Salimian, Sapo bravo*

Food / Signature Dish

### Miles From Cherry Lane Farm

Posted by [Chef Hamid Salimian](#) • 2 years ago



Couple of years ago I met Miles Smart the farmer in charge of Cherry Lane Farm in Richmond. He showed up to the restaurant that I was working with Italian parsley and some zucchini, after looking at the parsley I was sold...the relationship started right there. Miles is a third generation farmer, his grandfather built the farm on this land. For the past couple of years I have had the pleasure of cooking through the ... [Read More ...](#)

Tags: *Chef Hamid Salimian, Cherry lane farm, Diva at the Met, Metropolitan Hotel, Miles Smart*

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### Handmade Caviar at Home

Posted by [Chef Hamid Salimian](#) • 2 years ago



Our pastry chef at Metropolitan Hotel Vancouver's Diva at the Met is Kate Siegel. Kate started cooking in Toronto restaurants at the age of 15, quickly realizing that the only place she wanted to be was in the kitchen. After cooking for several years as well as completing her degree in Culinary Management at George Brown College, she decided her true passion was on the sweet side of the kitchen. Her first Pastry Chef position ... [Read More ...](#)

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### Grilled Spot Prawns with Chermoula

Posted by [Chef Hamid Salimian](#) • 2 years ago



The king and queen of prawns in our West Coast waters are known as the spot prawns. Spot prawns are the largest of the seven commercial species of shrimp found off Canada's West Coast. The reason that I refer to them as both king and queen is because for the first two years of their life they are male and then for their final two years they become female. Since the season for spot ... [Read More ...](#)

Tags: *Chermoula, Diva at the Met, Hamid Salimian, Metropolitan Hotel, spot prawn*

Signature Dish

### My childhood favorite Chagaleh Badoon also known as Green Almonds.

Posted by [Chef Hamid Salimian](#) • 2 years ago



Green almonds, also known as Chagaleh Badoon, were a childhood favorite of mine. My whole life I've always looked forward to this time of year when green almonds and sour plums are in season. Green almonds are also known as young almonds or spring almonds. The young nutshell is so soft that you can eat the whole thing. The centre is soft and jelly-like; the shell is tender and milky; and the green husk is ... [Read More ...](#)

Tags: *Chagaleh badoon, Chef Hamid Salimian, Diva at the Met, green almond, mikuni wild harvest, sour plums*

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### Beating the Winter Blues

Posted by [Chef Hamid Salimian](#) • 2 years ago



I finally feel like spring has arrived. Local halibut, wood sorrels, spring garlic and more are beginning to appear. Spring is my favorite season. At this time of year, I get so excited about what I should be putting on our menu. There are so

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Salmon Caviar, Onion Crisp, pickled shallot, egg yolk

It may be hard to believe, but making good caviar from salmon roe is actually quite simple. The only thing you need is high quality roe. At Diva.I have the pleasure of working with an amazing cook named Brandon Frie (also referred to as "The Caviar Man"). Frie grew up making caviar in his parents' seafood processing plant. His first memories of working on the caviar production line date back to when he was six ...

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Tags: [Brandon Frie](#), [Chef Hamid Salimian](#), [Diva at the Met](#), [Metropolitan Hotel](#), [Salmon caviar](#)

many great local ingredients to choose from Winter is the opposite of this. To beat the winter blues, our kitchen at Diva does a lot of canning, pickling and drying ... [Read More ...](#)

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### Alaskan king crab

Posted by [Chef Hamid Salimian](#) • 2 years ago



Alaskan king crab with Seville orange water, sour berry herb croquette and sunchokes

Once again, it is the season for Alaskan king crab, running until around the end of April or beginning of May. This is actually my favorite time of the year because the arrival of fresh king crab is quickly followed by other local seafood and spring vegetables from our local farms. You have probably seen Deadliest Catch on TV, where a group of fishermen go out into the wild sea to catch Alaskan king crab. ... [Read More ...](#)

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### Caviar – A (Northern) Divine Way to Start a Meal!

Posted by [Chef Hamid Salimian](#) • 2 years ago



One of my favourite ways to start a meal is with Champagne and caviar!As kid growing up by the Caspian Sea, I can say that we had lots of caviar at home, but it was served with bootlegged vodka and cucumber yogurt dip. I watched the grown-ups eat the caviar and thought, "What is so special about those little black eggs?" When I asked my uncle, he told me that I would understand when ... [Read More ...](#)

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### Puffed Foie Gras? How To Make It At Home, Diva-Style!

Posted by [Chef Hamid Salimian](#) • 3 years ago



Puffed Foie Gras

The first time I had foie gras it was at cooking school. It came out of red cylinder, and I couldn't wait to try it after all the great things that I had heard from my teachers. Well, it was a disappointment. I did not like the texture of this thing that tasted like iron, coming out of a red can. I really did not understand what the big deal about foie gras was. Why ...

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Signature Dish

### Chef Hamid Salimian's Salmon Gravlax

Posted by [Chef Hamid Salimian](#) • 3 years ago



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A hearty congrats to Eugenie Bouchard for her la



### Canada's Eugenie Bouchard

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If you have enjoyed Salmon Gravlax at Diva at the Met, perhaps you'd like to try making it at home. My recipe is below.

It's just over two years since I first met Rick Burns, the fisherman and captain of the Pacific Provider. I really enjoy what Rick stands for. He is a perfectionist: no fish that he catches stays on his deck for more than 30 minutes, even though if they did, he could catch more fish and therefore make more money. But instead, he stops fishing and processes all the fish one by one. This means ... [Read More](#)

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Tags: [chef, Diva at the Met, Hamid Salimian, recipe, restaurant, Rick Burns, salmon gravlax](#)

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